

## LIST DO CZYTELNIKÓW/LETTER TO READERS



### Dear Colleagues, Dear Readers,

In the autumn mood, making us prone to reflection about the passage of time, we give you the penultimate issue of the *Endokrynologia Polska* (EP) for this year. Autumn is a period of our educational and scientific activities during many conferences taking place in Poland and abroad. We recommend our journal especially to those who due to their daily duties and responsibilities associated with clinical work cannot participate in these events.

The fifth issue of EP opens with the **original paper** by Czech authors who report that single very small dose of rituximab is well tolerated by patients and sufficiently effective in reducing clinical activity of the disease in patients with active, moderate or severe Graves' orbitopathy without impending dysthyroid optic orbitopathy.

The authors of the first Polish paper indicate an increased risk of cardiovascular events in patients with classic form of congenital adrenal hyperplasia (CAH). The study have shown that in young adults with CAH who are chronically treated with glucocorticoids abnormal ultrasound parameters are observed, such as impaired FMD, irregular increase in cIMT and fIMT, and subclinical changes in cardiac diastolic function.

Another original paper from China describes the results of studies on the variability of ACTH receptor expression in adrenal adenomas. For example, expression of mRNA and ACTHR is higher in aldosteronoma and lower in hormonally inactive adenomas and cortisol-secreting adenomas than in normal adrenal glands.

The next paper evaluates the effectiveness of the treatment of acromegaly in Romania. Although the analysis indicates broad spectrum of therapeutic interventions, the disease control rate remains unsatisfactory.

In the two following articles, the psychiatric status of patients with acromegaly (psychiatric disorders, mainly anxiety and insomnia, are present in 50%

of these patients) and the effectiveness of calcium and vitamin D supplementation in young adults are described.

The next work by Polish authors highlights the fact that osteoporosis is becoming an important threat for patients with HIV infection, especially during long-term antiretroviral therapy. The authors investigated whether specific genetic variability influenced the risk of developing osteoporosis by analysing the polymorphisms of nucleotides associated with the disease.

Melatonin 1B receptor polymorphism was also assessed in Chinese women with gestational diabetes mellitus, and the meta-analysis by the authors indicates that the polymorphism studied may be considered a risk factor for the development of GDM in the Chinese population.

The last **original paper**, written by the authors from Jordan, reports that the incidence of thyroid cancer in patients with hyperthyroidism treated with  $^{131}\text{I}$  was 1.136%. Although no cause-and-effect relationship was found between radioiodine therapy and thyroid cancer, the situation highlights the importance of indefinite observation of patients treated with this form of radical therapy.

The "**Review papers**" section contains two articles. One of them is an attempt to explain the effect of glucocorticoids on carbohydrate balance through a variety of mechanisms including direct effect on beta-cell function. The other paper presents an innovative method of treating diabetes in overweight and obese people using a system consisting of an implanted generator that delivers electrical impulses via electrodes implanted into the serous-muscular layer of the gastric wall.

The "**Case reports**" section presents a female patient with squamous-cell thyroid carcinoma, which is a very rare malignant tumour of this organ affecting less than 1% of patients with diagnosed thyroid cancer. The second case report describes four rare cases of breast neuroendocrine tumours that account

for up to 5% of breast tumours and about 1% of all neuroendocrine tumours. Most of the lesions are well to moderately differentiated, yet they still pose many diagnostic challenges.

In the „**Postgraduate training**” section we encourage you to read the latest 2017 guidelines on diagnosis

and treatment of osteoporosis. The extended Polish version of these guidelines can be found in the Supplement to our journal.

We invite you to read the next issue of *Endokrynologia Polska*, hoping that you will find the papers we have chosen interesting.

*On behalf of the Editorial board*

*Beata Kos-Kudła*

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